



Team East Lothian Athletics Club
(registered charity in Scotland, SC045501)

JOB DESCRIPTION

Post Title:	Physical Preparation Coach
Location:	around East Lothian – Meadowmill Sports Centre as well as Dunbar, Musselburgh & Haddington
Key Links:	Event Group Coaches
Responsible to:	Board of Trustees – Pathways & Coaching Trustee
Post Agreement:	From 4-8 hours per week mainly on Mondays / Wednesdays / Thursdays £10-14 p/h Contract for Services

Since 2012, Team East Lothian has been shaping the athletics pathway in East Lothian and is recognised as a talent environment for athletics. As a registered charity, we have strong community links. As we strive to improve our sporting outcomes and aspirations, we have an equal focus on how as an athletics club and as a charitable organisation we can become an integral part of our local community in East Lothian.

Having recently expanded our coaching programme, Team East Lothian is looking to engage with a physical preparation expert to work within our current coaching structure to develop athletes in our Academy, Development II, Development I and Potentials Squads.

Main Areas of Responsibility

As the Physical Preparation coach, the successful candidate will be responsible for delivering Strength & Conditioning sessions for athletes across our squads for athletes aged between 11 and 18 years old across the event groups (Sprints & Hurdles, Jumps, Throws, Endurance). The role will involve working closely with our current physical literacy & conditioning coaches as well as our event group leads and assistant coaches.

- Provide leadership for the delivery and development of physical preparation services for athletes in Team East Lothian's training squads
- Deliver and lead on strength and conditioning for athletes in Academy and Development II squads (aged around 14 to 20 years)
- Support the delivery and provide direction on the physical preparation programme (physical literacy, movements skills and conditioning) for athletes Development I and Potentials squads (aged around 11 to 16 years)
- Support the physical testing, assessment and monitoring of athletes in identified squads (physical literacy report cards)
- Take a holistic approach to physical preparation, working closely with the TEL coaching team to support the long term development of athletes
- Work with the Event Group Leads, Assistant Coaches as well as Physical Literacy & Conditioning coaches to design physical preparation programmes that meet the technical requirements of event groups and that help develop physical resilient athletes
- Attend, contribute to, and /or provide regular reports at appropriate meetings associated with the TEL coaching programme



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Candidate Specification

FACTORS	ESSENTIAL	DESIRABLE
Qualifications and attainments	<p>Qualification at HND level (or equivalent) in sports science or coaching or extensive coaching experience specialising in the area of physical preparation</p> <p>Minimum British Athletics Assistant Coach, or equivalent.</p>	Working towards UK Strength and Conditioning Association ASCC
Work experience and skills	<p>Demonstrable experience in the strength and conditioning and physical preparation support to young</p> <p>Developing athletes to support their long-term development as well as the event specific and technical demands.</p> <p>Knowledge and experience of working with young and developing athletes</p>	Proven ability to construct individualised training schedules specific to the needs of different event groups and athletes at different stages of development
Disposition and Personal qualities	<p>Enthusiastic, focussed, trustworthy and reliable</p> <p>Excellent interpersonal and communication skills</p> <p>Team player with ability to work well with others, and to tight timescales</p> <p>Ability to work flexible hours</p>	

For more information / to speak about the role please contact Jamie Bowie, Team East Lothian Trustee (Pathway & Coaching) on 07598 976972.

If you are interested in the role, please send a copy of your CV to clubofficer@teameastlothian.org by 12noon on Monday 19 March 2018.